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Wide receiver Ernest Jackson holds up the East Division trophy as the Redblacks celebrate their victory over the Hamilton Tiger-Cats in the East final in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Ottawa takes One Young World torch

metr EXCLUSIVE

**Capital can
expect 1,300
visitors in 2016**



Lucy Scholey
Metro | Ottawa
IN BANGKOK

It was a humid November night in Bangkok, yet all eyes were on Ottawa at the One Young World Summit.

Wearing Canadian flag bandanas and red sneakers, Ottawa Tourism representatives and Canadian youth pumped up a raucous crowd of 1,300 people from around the world.

It was the closing ceremonies

of the conference for youth leaders aged 18-30 that has attracted speakers like Jamie Oliver and Bill Clinton in the past. Ottawa is hosting the event next year at the Shaw Centre.

"Ottawa is proud to be the first Canadian city to host One Young World," Mayor Jim Watson told the crowd, after Bangkok Gov. Sukhumbhand Paribatra

officially handed over the baton.

Thailand's capital was plastered with promotional blue One Young World posters this week. Ottawa can expect similar pageantry and an influx of 1,300 youth in the city next year.

It seems like many delegates are keen to head to the chillier capital for next year's event on Sept. 28 to Oct. 1. At a panel for

urban innovation on Friday, the crowd cheered when the mayor asked if they would come to Ottawa.

"If I get the chance, I would like to," 28-year-old Salisson Sani Isaak, a delegate from Niger, told Metro on Friday. He came for simple reasons: inspiration and to return home with the skills gleaned from the group

sessions. Other delegates applied to network with youth or pitch a business idea to a potential sponsor.

The closing ceremonies marked the mayor's last event on a weeklong Asia trip that included an economic mission to Beijing. He's scheduled to land in Ottawa on Monday, in time for Wednesday's council meeting.

Europe alert: Canada closes embassy in Belgium

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Re-engaged leadership

ENVIRONMENT

Premiers, PM meet Monday for climate change talks



Michael Woods
Metro | Ottawa

When Prime Minister Justin Trudeau and the premiers sit down in Ottawa on Monday to discuss climate change, it will be the first full-blown meeting of Canada's first ministers since 2009.

But while the premiers of the two largest provinces said they welcome federal re-engagement, they also warned the new government not to disregard the provinces' progress in reducing greenhouse gas emissions.

"There's always a tendency for governments that come into office to tend to think that nothing meaningful happened before they came into office," Quebec premier Philippe Couillard told a panel at the Canada 2020 policy conference in Ottawa.

"We are very happy that we're going to be working with the federal government, but let's resist the temptation of starting from scratch."

Quebec has established a cap-and-trade system with California in order to reduce emissions, and has its own green fund. Ontario is working to join the cap-and-trade system, and scrapped coal-fired power plants.

Couillard's co-panellist, Ontario premier Kathleen Wynne, called Monday's meeting "very



Ontario Premier Kathleen Wynne, right, and Quebec Premier Philippe Couillard are seen on stage during a panel in Ottawa on Friday. **While the premiers welcome leadership from the federal government on climate action, they are not willing to abandon their existing initiatives and start from scratch.** ADRIAN WYLD/THE CANADIAN PRESS

important" but also made the point that some provinces have established initiatives that shouldn't be disregarded.

Wynne said the provinces have all signed a declaration pledging to — among other things — implement programs and measures to adapt to climate change and reduce emissions.

"The upside of never having had the prime minister at the table with us since 2009 is that the kids' table has learned to work really well together," she said. "So we're not going to take any nonsense."



We're not looking to the federal government for some kind of unilateral imposition of a particular standardized regime.

Premier Kathleen Wynne

Couillard also warned that with "the low-hanging fruit" already taken care of, meeting the next wave of emissions reduction goals will be "extremely difficult."

Monday's meeting will be a major first step in those efforts. Couillard also said Canada

needs a "rebranding" in Paris.

"Yes, we are a major oil-producing country, but we are also one of the most important producers of renewable energy in the world. This has to be part of the story," he said. "Let's start thinking of ourselves as a competitor to Norway, rather than

Saudi Arabia."

Couillard and Wynne's comments were preceded by a speech from Environment Minister Catherine McKenna saying Canada can be a leader on the world stage in carbon reduction and clean energy.

"Here's the thing about evidence-based policy making — sometimes it's going to lead us to a difficult place and to difficult choices," she said. "We need to come to grips with the challenge we're facing — and we need to act. No more delays. No more denial. We need to act."

CRIME

Weekend shootings bring city total to 40

Emma Jackson
Metro | Ottawa

Ottawa Police are investigating two more shootings, both from Saturday, bringing the total to 40 incidents so far in 2015.

Gunshots were heard around 6 a.m. near Shillington Avenue and Merivale Road. Investigators think the shots were fired into a vehicle that sped away, but it's not clear if there were injuries.

At 10:30 p.m. police were then called to Bradley Street in Vanier, where a man had gunshot wounds to his calf. An unidentified black man in a suit had apparently shot the victim with a semi-automatic handgun while the victim was trying to run away.

That victim is known to police and is not co-operating, police said, although the incident is likely gang related.

There has been a rash of shots fired across the city in the past two weeks, including a homicide on Lacasse Avenue, where a 41-year-old man was shot dead outside his apartment on Nov. 14.

The capital is getting close to its 2014 record of 49 shootings over the year. There were only 30 in 2013.

Anyone with information should contact the guns and gangs unit at 613-236-1222 ext. 5050. Anonymous tips can be left with Crime Stoppers at 1-800-222-8477 (TIPS) or through the Ottawa Police iOS app.

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'It really is a good match'

Q&A

Mayor reflects on city's Asian partnerships



Lucy Scholey
Metro | In Bangkok

After jam-packed jaunts to Beijing and Bangkok this week, Ottawa Mayor Jim Watson took time Sunday to speak to Metro — the only local media on the ground for this trip — in Bangkok before he boarded a plane home. He shared his impressions of the trade mission and his stop-over at the massive One Young World youth conference in Thailand. (This article has been edited for clarity and length.)

Let's start in Beijing. The business delegation made a number of stops, including to a Chinese search engine, Huawei's research facility and Beijing city hall. What's your takeaway?

Every time I've gone to Beijing, I've come back with this sense of what great potential still lies in the Chinese market for Ottawa and our companies. (They're) so massive and the population base is still growing, and I think our ambassador (Guy Saint-Jacques) said it best: we're good at innovation and not commercialization, and they're very good at commercialization and not innovation. So it really is a good match. I think that the fact that we've nurtured a relationship for about 16 years is bearing fruit. I'm hoping we continue that relationship for many years to come because it's helping local companies.

Much of your interactions with Chinese leaders were ceremonial. And almost



Mayor Jim Watson strolls through the Chatuchak market in Bangkok on Saturday. LUCY SCHOLEY/METRO

every conversation was similar: you spoke of the sister-city relationship between Ottawa and Beijing and you pitched Canada as a tourist destination in 2017 for the country's 150th anniversary. Given you're not fond of flying, why make the overseas trek for conversations you could have over Skype?

There's great tradition and protocol that's observed by the Chinese — everything from gift giving and receiving to business-card giving and receiving to the fact that the Chinese value face-to-face discussions. We've tried for some time to get the mayor to commit to coming to Ottawa in 2017. He committed to me he's coming. He wouldn't say that unless he's thought it through and got all the permissions. We've never had a mayor of Beijing, in the history of the city, come visit. They're our only sister-city agreement, so it's a chance for us to reciprocate the hospital-

ity but also to showcase some of our success stories, whether it's the technology cluster in Kanata, Shopify or the incubation space we have at Invest Ottawa.

How will the Beijing-Ottawa relationship grow? We're working to talk through what China can do to celebrate 2017, and there are a couple of very big exciting contributions they could make. I think that's one aspect of it. I think when we expand the innovation centre, you'll start to see more ZDG (a business development company affiliated with Invest Ottawa) companies merge from that. The ambassador tells me we have one of the more established and mature relationships of cities in Canada. We'll continue to grow that in a realistic and positive way.

What can Ottawa learn from Beijing? They've emerged as an economic superpower, not

just because of their population and sheer size, but they're very forward thinking. We can never compete with China on an economic basis because of the sheer size of Beijing. But where I do think we'll do better is providing a city and a quality of life that's second to none. We have to make sure that we continue to provide a clean, safe, sustainable city, and that's where we will win the brain gain. A city like Beijing has very severe air, water, pollution problems, congestion, the stress of traffic. I go on any trip and I always feel very happy landing in Ottawa because it is a clean, safe city.

In Bangkok, you met with the governor. What did you glean from that meeting? He asked whether we'd be interested in a sister-city agreement. I'm reluctant. I get probably 15 requests for sister-city agreements from ambassadors who come to see me and I'm

reluctant to open it up any more than we have now for a couple of reasons: there has to be an economic advantage for us to do it, and you have to have the financial resources to nurture the agreement. There's really no natural economic links between our two cities or cultural links. There's a very small Thai community in Ottawa.

The city is grappling with \$36.3 million in budget pressures next year. Why take a trip at this critical time?

We don't have the luxury of scheduling the One Young World conference, and this trip was geared around that. It was important symbolically and economically that I be here to see how the conference runs and to accept the baton from the governor because it's a big deal that we're hosting it and there's that expectation that you attend to invite the world to come to Ottawa next year.

5 THINGS TO WATCH AT CITY HALL

1 Talking taxis

Weigh in on proposed changes to the taxi bylaw at a webinar led by KPMG. English workshop is Tuesday from 6 to 8 p.m.; French session is Wednesday.

2 Money talks

Budget debates are on the table for the agriculture, planning and environment committees. The draft budget includes a two-per-cent tax increase and six-per-cent water and sewer rate hike. Council finalizes the budget Dec. 9.

3 Keeping the city honest

On Wednesday, integrity commissioner Robert Marleau will table his annual report on ethics, lobbying and transparency. The commissioner received one formal complaint and 10 informal complaints in the past year.

4 Oblate land decision

On Tuesday, councillors will consider rezoning a 23-acre former Catholic seminary to make way for 900 new homes on Main Street.

5 On the road

Westbound access to Laurier Avenue from the Queen Elizabeth Parkway is closed until the end of January. Consider bookmarking whereismypow.ca, the city's snow-clearing app for winter storms.

EMMA JACKSON/METRO OTTAWA

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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

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The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

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Could scientist and environmentalist David Suzuki's beard capture emissions? Our House Humour columnist has come up with some creative climate plans. **MARIANA MASSEY/GETTY IMAGES**

Modest climate change proposals

ENVIRONMENT

Suzuki's beard one of many made-in-Canada GHG solutions

HOUSE HUMOUR

Chris Lackner
For Metro



From trapping carbon in David Suzuki's beard to building a time machine, I expect some outside-of-the-box Canadian proposals to meet reduction targets at next week's Paris climate change conference.

Sadly, not even our cuddly, new Liberal cabinet can wave a magic wand to reduce emissions (though I have no doubt Justin Trudeau has already tried at least once).

No, to vanquish the beast, Canada will need to get creative after decades of neglect. Here are some policy options the Liberal government could put on the table:

In-House options

- Capture all the hot air from Question Period and transform it into wind power. The entire 613 area code could go off the grid!

- Have all ministers take shifts standing outside on Parliament Hill with solar panels

strapped to their backs. After all, Foreign Affairs Minister Stéphane Dion says the entire cabinet is responsible for the climate change file.

- Send the Green Party's Elizabeth May to Canada's arctic to have a Chardonnay-fuelled "heart to heart" with our melting ice caps and glaciers: "You don't want to melt, do you? You're so young and frigid. You have so much to live for. Some of your ancestors lived centuries."

- Get Environment Minister Catherine McKenna to imagine that all greenhouse gas emissions bear a resemblance to Paul Dewar, the former NDP MP she trounced in Ottawa Centre in the election.

- Dress up Justin Trudeau as Captain Planet to tour the country in an epic search for red-and-white, little Planeteers.

- Appoint a Care Bear deputy environment minister and name the Green Giant as the new overseer of Parks Canada.

Celebrity assistance

- Somehow power all of Montreal with hockey star P.K. Subban's megawatt smile.

- Suzuki's beard: It already contains at least one squirrel and three bird's nests;

I'm sure scientists can find a way to use it to capture emissions.

Innovative alternatives

- Build a time machine, then send a Liberal emissary back to 1997 when Jean Chrétien signed the Kyoto Protocol and go down on both knees to beg: "Please. Just do anything to meet our commitments. Seriously. Anything. Heck, even just put up one wind turbine in the backyard at 24 Sussex!"

- Replace all government-owned VIP Challenger jets with Puff the Magic Dragon.

- Replace all government advertising with old episodes of Fables of The Green Forest.

The ol' shuck and jive

- "Wine and dine" the premiers, order the most expensive dishes on the combat climate change menu and then make them foot the bill for them.

- Talk a big green game early in Paris, then duck out before the conference wraps — leaving an "IOU emissions reduction plan" note taped to the Canadian seat at the table. Later, when foreign leaders call, tell them Canada's not looking for a committed relationship right now, and sign off with, "It's not you, it's me."

DJs reunite for nostalgic night

ENTERTAINMENT

Sunrise After Hours marks one decade of staying up late

Trevor Greenway
For Metro | Ottawa

It wasn't that long ago when Sunrise After Hours booked a small Toronto DJ to headline an early morning set for revellers who weren't finished partying at 3 a.m.

Six months later, that DJ wasn't small anymore. He was headlining festivals like Coachella and Glastonbury with a massive, glowing mouse head bobbing between his shoulders. Yes, that DJ was Deadmau5 and he started his set at 5 a.m.

"The timing was perfect," says former Sunrise resident DJ Rick Laplante, co-founder of one of the city's only all-night dance parties.

"Joel (Zimmerman) blew up not even six months after. He would have been priced out of playing a little Ottawa party. Back then, his music was different, it was more tech-edge, electro stuff, which was perfect for what we were doing. It was absolutely crazy."

That was one of the many highs that Sunrise rode during early mornings in Ottawa throughout the mid to late 2000s and up to 2010 when the party ultimately fizzled for good.

The party certainly had its



We basically had a chance to give an opportunity to any DJ who was playing this kind of music.

DJ Rick Laplante



Ten of the original Sunrise disc jockeys are heading back to Mavericks to celebrate 10 years of underground dance music in Ottawa. CONTRIBUTED

hurdles. After a slow start, the underground scene really picked up, and Sunrise found its home at Mavericks. This is where it took off. DJs would come into the bar at 3 a.m. and start blasting beats until 3 p.m. the next afternoon. The parties were busy, and Laplante remembers having to shut the party down because people just wouldn't stop dancing.

"A lot of times, we would have to shut down the party, because the band would be coming in at 6 p.m. Sunday for the evening show," remembers Laplante.

"They would show up to load in and we would have to shut it down."

There were logistical problems, too. Every time Laplante and crew would throw an all-night party, they would have to apply for the city's daunting All-Night Dance Event Permits — a rigorous process that involved building inspections, fire codes and every other hoop you could imagine. But the crew was poised to continue

and they made it happen for a full 10 years before finally pulling the plug.

And while the party hasn't happened since 2010, there still is a thirst for forward-thinking dance music in the city, and we all have Sunrise to thank for building that underground community.

"We basically had a chance to give an opportunity to any DJ who was playing this kind of music, and I think that went a really long way to fostering the community vibe that developed at Sunrise, because it became a lot more accessible to everyone," adds Laplante.

This Friday, Sunrise is com-

ing back for a whopper of a party, at which 10 original Sunrise DJs will bring back their underground flavour to the bar where it all began: Mavericks.

The DJs will each play two short sets and will try to pack as many classics into 15 minutes as they can for a rapid-fire format that will surely get people twitching.

DJs including Laplante, Easton Ellis, Terry Bevvon, Luc Labelle will bring revellers back to those early, crazy mornings when time didn't seem to exist.

The party starts at 10 p.m.

While the bar will shut down at 3 a.m. there is a secret after-party, but if you're not on

the exclusive, 100-person list, you'll have to go get poutine at 3 a.m. and then pass out while watching *Pretty Woman* on your couch.

+ EVENT DETAILS

The Sunrise After Hours reunion party takes place Friday, Nov. 27 at Mavericks, located at 221 Rideau St.

Doors open at 10 p.m. The event runs until 3 a.m. Admission is \$4 before 11 p.m. and is \$7 thereafter.

IN BRIEF

Union reaches agreement

The Ottawa-Carleton District School Board has reached a local-level agreement with the Elementary Teachers Federation of Ontario.

Terms will remain confidential until the agreement is ratified on Dec. 7.

Report cards are expected to go out to parents on Dec. 10.

Labour agreements for teachers are now settled, but education support workers are continuing work-to-rule job action.

HALEY RITCHIE/METRO

Local Santa Claus parades accept toys and donations

On Saturday, the 46th annual Help Santa Toy Parade took over downtown streets, with Ottawa firefighters collecting toys to be distributed to less-fortunate children.

The firefighters were back on Sunday in Orleans at the Parade of Lights, adding to the weekend haul.

Donations can be dropped off at Ottawa fire stations until December.

See photos of the downtown event at metronews.ca.

HALEY RITCHIE/METRO

Nepean man left critically injured following assault

Police are asking for the public's help in identifying witnesses and vehicles connected to an assault in Nepean.

On Nov. 10, a 41-year-old man was struck repeatedly in a residential parking space in the 300 block of Craig Henry Drive, according to police.

Anyone with information is asked to call Ottawa Police's West District Investigations at 613-236-1222, ext. 2666.

HALEY RITCHIE/METRO

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STUDY

Known killers get lighter sentences

Men who kill their female partners are more likely to be criminally convicted than men accused of killing strangers — but they also tend to get lighter sentences, a Canadian study concludes.

The research, being published in the journal *Current Sociology*, finds that men who kill their wives, girlfriends or other female family members are handed shorter prison terms than men who kill strangers.

In fact, according to the findings, men who kill women they know are treated more leniently at most stages of the criminal-justice process, such as facing fewer charges of first-degree murder.

Study author Myrna Dawson, an associate sociology professor at the University of Guelph, calls it the “intimacy discount.”

“This may mean that women killed by male partners are still seen as property and, as such, these femicides are not treated as seriously as other femicides,” the study states.

Another factor at play could be that femicide of a partner

or family member is typically seen as a spontaneous “crime of passion” or the result of victim provocation.

“Despite the dominance of these beliefs, there has been little examination of the validity of resulting stereotypes,” Dawson said.

Perhaps counterintuitively, given the lighter sentences, the study found that men who kill intimate partners are convicted at rates three times higher than men who kill female strangers.

Crimes involving relatives tend to be easier both to solve and prosecute, research suggests. The shorter sentences could therefore be due to charges that are

more often reduced in exchange for guilty pleas.

“Understanding whether the plea process or common stereotypes associated with intimacy and violence explain this relationship (between convictions and sentencing) is a crucial next step and one that I am currently examining,” Dawson said.

THE CANADIAN PRESS

“**Some exploratory research has shown that premeditation or intent is actually more likely in cases involving men who kill female partners.**”

Myrna Dawson

HALIFAX

Airport deals with more bomb threats



Stephanie Taylor
Metro | Halifax

Halifax’s airport garnered international attention this past week, as three flights were either diverted or delayed there due to bomb threats.

On Sunday, RCMP in Halifax responded to two separate security threats that came less than 12 hours apart at the Halifax Stanfield International Airport.

“Any time a flight is diverted to Halifax International Airport or is delayed due to a threat, it’s obviously very concerning,” RCMP spokeswoman Const. Tammy Lobb said Sunday.

One flight was a Turkish Airlines A330 passenger jet travelling from New York to Istanbul, carrying 256 passengers and crew.

Once a bomb threat was received, police said the aircraft was rerouted to Halifax and landed at 12:53 a.m.

After they searched the aircraft, RCMP found no explosives

“**It’s obviously very concerning.**”

RCMP Const. Tammy Lobb

and turned it over to Turkish Airlines around 4:30 a.m.

Around three hours later, police said they received a second call about a bomb threat, this time made against WestJet flight 229 bound for Calgary.

Again, RCMP officers, along with bomb-sniffing dogs and members of the explosives disposal unit, searched the aircraft, luggage and cargo after 96 passengers and six crew members were removed.

The search concluded around 9 a.m., with no explosives found, and the aircraft was released back to WestJet.

Last Tuesday, an Air France flight bound for Paris was diverted to Halifax and a second flight was diverted to Salt Lake City due to “anonymous threats,” but nothing was found on either aircraft.



SECURITY SAJJAN STANDS FIRM ON DECISION TO WITHDRAW FROM AIR CAMPAIGN AGAINST ISIL

Canadian Defence Minister Harjit Singh Sajjan fields question at the opening of the Halifax International Security Forum on Thursday, Nov. 19, 2015. Sajjan is suggesting CF-18 fighter jets would make little difference in the war against the Islamic State of Iraq and the Levant (ISIL) if Canada doesn’t focus completely on its training mission in Iraq. ANDREW VAUGHAN/THE CANADIAN PRESS

Feds won’t help Air Canada with tab

AIR SAFETY

Sky marshal program has cost \$100M

The federal government has rebuffed Air Canada’s plea to be compensated for a portion of the more than \$100 million the airline says it has spent over the last five years to accommodate gun-toting sky marshals on its flights.

Newly released documents show the government dismissed the airline’s concerns about costs and other aspects of the program earlier this year on the grounds that changes would “compromise public safety.”

Established after the Sept. 11, 2001, attacks on the United States, the Canadian Air Carri-

er Protective Program involves placement of covert sky marshals, known as in-flight security officers, on select commercial routes to prevent planes from being commandeered by terrorists.

Details of the program — including information about its scope and which flights have officers — are a closely guarded secret.

The Canadian Press used the Access to Information Act to obtain a censored version of a secret Public Safety Canada memo prepared earlier this year for Steven Blaney, minister at the time, and an accompanying letter from a senior departmental official to Derek Vanstone, an Air Canada vice-president.

Air Canada had expressed concerns about the sky marshal program in 2013 and subsequently met representatives of the RCMP,

Public Safety and Transport Canada, prompting the follow-up correspondence.

Air Canada spokesman Peter Fitzpatrick declined to comment on the documents, saying that “disclosing information about security programs or procedures could compromise their effectiveness.”

However, the airline did say in a written submission to the government in February that carriers provide seats to in-flight security officers at no charge. If an officer requests a specific seat it must be provided even if it has been sold to a passenger, says the submission to a review of the Canada Transportation Act.

In these cases carriers must remove the passenger and negotiate compensation for the seat, representing “a significant cost and lost opportunities to carriers.”

In the past five years the value of the seats Air Canada has provided to security officers “has reached over \$100 million,” the submission says. “In most jurisdictions, foreign governments provide compensation for similar programs to their carriers.”

Air Canada recommended the Canadian security program buy seats from airlines at market rates. Alternatively, airlines should be allowed to write off the value of seats against taxes and to charge officers for in-flight food and entertainment.

In some cases, the airline says, security officers have requested seats on so-called positioning flights, which have no passengers on board, simply to travel to another airport. Carriers should not be responsible for helping officers get to work, Air Canada says.

THE CANADIAN PRESS

OILSANDS

Alberta to implement carbon tax policy

Alberta took what it hopes will be the first step toward shedding its status as international environmental pariah Sunday by revealing a sweeping climate change plan.

The plan, the result of months of study and public input, will introduce a broad-based carbon tax that would apply across the economy.

The government will move to phase out the province’s coal-fired power generation by 2030.

And it will introduce a hard cap on greenhouse gas emissions for the oilsands.

“This is the day we step up, at long last, to one of the world’s biggest problems — the pollution that is causing climate change,” Premier

Rachel Notley said as she announced her government’s new policy in Edmonton on Sunday.

“I’m hopeful these policies will lead to a new collaborative conversation about Canada’s energy infrastructure on its merits and to a significant de-escalation of conflict worldwide about the Alberta oilsands.” THE CANADIAN PRESS



Alberta Premier Rachel Notley
THE CANADIAN PRESS FILE

PARIS ATTACKS

Details on suspects revealed

French police and prosecutors, friends and families, and journalists have unveiled details about those accused of carrying out the attacks in Paris. Altogether, authorities say that three teams participated in the bloody assault. At least one suspected participant remains at large. Here's what's known about some of the suspects:

1 Abdelhamid Abaaoud

French investigators identified Belgian-born Abaaoud as the architect of the Paris attacks. A U.S. official said Abaaoud was a key figure in an Islamic State of Iraq and the Levant (ISIL) external operations cell that U.S. intelligence agencies have been tracking for months.

How and when Abaaoud entered France before his death remains unclear. He had bragged in ISIL's English-language magazine that he was able to slip in and out of Europe undetected.

2 Salah Abdeslam

Salah Abdeslam is sought as a suspected accomplice in the attacks and is described by French police as highly dangerous. He is the suspected driver of a group of gunmen during the attacks. Authorities identified him as the renter of a Volkswagen Polo that carried hostage-takers to the Paris theatre.

Officials said Abdeslam entered Austria from Germany on Nov. 9 with two unidentified companions. They said they were planning a vacation in Vienna.

3 Ahmad Al-Mohammad

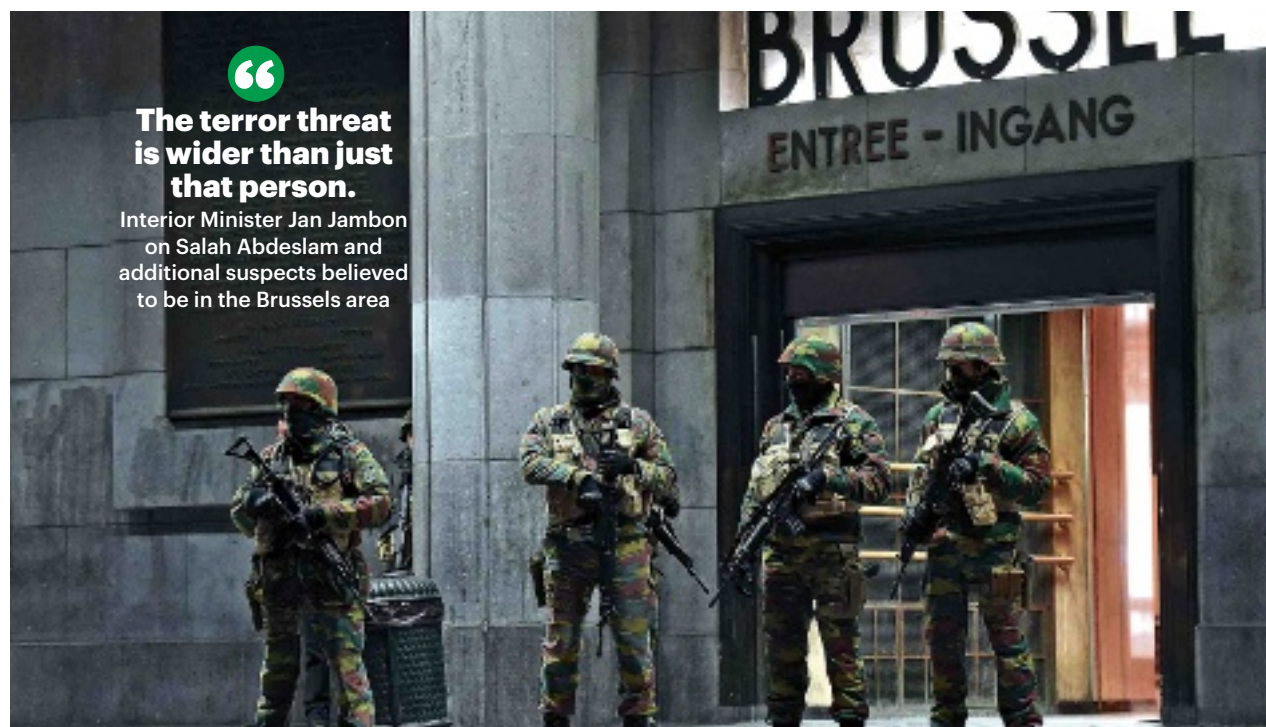
That's the name written on a Syrian passport found near one of the suicide bombers. The document describes Al-Mohammad as a 25-year-old from the rebel-held Syrian city Idlib. French officials said in a statement that the bomber's fingerprints match a set taken in Greece in October.

A Greek official says the person holding Al-Mohammad's passport went through administrative processing on the Greek island of Leros after setting out from Turkey. He later entered Serbia, where authorities took fingerprints that match those given in Greece, and he then crossed into Croatia the next day.

4 Hasna Aitboulahcen

Authorities are investigating whether this 26-year-old woman had a role in the Paris attacks. Authorities say Aitboulahcen died in the police raid on the apartment where Abaaoud was holed up. On Friday, prosecutors said she didn't kill herself by detonating a suicide vest as previously thought.

THE ASSOCIATED PRESS



Soldiers stand guard in front of the central train station on Sunday in Brussels, as the Belgian capital remained on top alert over fears of a Paris-style attack. EMMANUEL DUNAND/AFP/GETTY IMAGES

Canadian embassy in Belgium closes

Paris Police detain 16 people in 22 raids; one man still at large

Canada has closed its embassy in Brussels until further notice as the Belgian capital remains on high alert for a possible terror attack.

The embassy will provide emergency consular services only, according to an update on the federal government's travel advisory website.

Belgian prosecutors announced early Monday that police had detained 16 people in 22 raids but that Paris fugitive Salah Abdeslam was not among them.

Federal prosecutor Eric Van Der Sypt said that "no firearms or explosives were discovered," in the raids — 19 in Brussels and three in Charleroi in the country's south. One of those detained was injured when a car he was in tried to ram police during an attempted getaway.

"The investigation continues," Van Der Sypt said.

The raids capped a tense day with hundreds of troops patrolling and authorities hunting for one or more suspected militants, the Belgian government chose

Sunday to keep the capital on the highest state of alert into the start of the workweek to prevent a Paris-style attack.

Citing a "serious and imminent" threat, Prime Minister Charles Michel announced that schools and universities in Brussels will be closed Monday, with the subway remaining shut down, preventing a return to normal in the city that is also home to the European Union's main institutions.

"We fear an attack like in Paris, with several individuals, perhaps in several places," Michel said after chairing a meeting of Belgium's National Security Council.

THE ASSOCIATED PRESS

+ SOCIAL MEDIA

When Belgian authorities asked people to stop commenting on ongoing police operations in social media to avoid tipping off suspects during Sunday's raids, people unexpectedly responded by tweeting cat pictures. The hashtag #BrusselsLockdown suddenly shifted from serious to humorous tweets, with a flood of pictures of cats holding their paws up as captured suspects and ignoring police warnings to stay away from windows.

RUSSIA

Air raids advance Syrian troops

Syrian President Bashar Assad says his forces are advancing on "almost" all fronts thanks to Russian airstrikes that began nearly two months ago and have tipped the balance in his favour in some parts of the country.

In remarks published Sunday, Assad told China's Phoenix Television that the Russians depend on Syrian ground forces and "co-operate with us." He added that Syrian troops had achieved victories in some areas before the strikes began but "could not be present everywhere in Syria."

Russia, which has conducted an air campaign in Syria since Sept. 30, sharply raised its intensity in recent days on President Vladimir Putin's orders after Moscow said it had confirmed that a bomb brought down a Russian plane over Egypt's Sinai Peninsula, killing all 224 people on board.

"Following the participation of Russian air force in fighting terrorism, the situation improved well. I can say that the army now is advancing almost on every front," Assad said in the interview. Assad said the Russian airstrikes are more effective than those of the U.S.-led coalition because Moscow is co-ordinating with his government, saying "you cannot fight terrorism with airstrikes alone." THE ASSOCIATED PRESS



Syrian President Bashar Assad
THE ASSOCIATED PRESS

UNITED STATES

'Do not succumb to fear,' Obama warns

Trying to reassure a nation on edge, U.S. President Barack Obama said Sunday the Islamic State of Iraq and the Levant (ISIL) "cannot strike a mortal blow" against the U.S. and warned that overreacting to the Paris attacks would play into extremists' hands. "We will destroy this terrorist organization," he vowed.

Ending a trip to Asia, Obama implored Americans not to let the spectre of terror cause them to compromise their values or change the way they live.

"We do not succumb to fear," he said. "The most powerful tool we have to fight ISIL is to say that we're not afraid, to not elevate them, to somehow buy into their fantasy that they're doing something important," Obama said.

"I think it is absolutely vital for every country, every leader, to send a signal that the viciousness of a handful of killers does not stop the world from doing vital business," Obama said.

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MYANMAR**Landslide kills 100**

A landslide near a jade mine in northern Myanmar killed about 100 people, most of them villagers digging for green stones in a mountain of displaced earth, a witness and a community leader said Sunday. Many other people were missing.

The collapse happened Saturday evening in the Kachin state community of Hpakant, said Brang Seng, a jade businessman, who watched as bodies were pulled from the debris and taken to a hospital morgue.

"I'm hearing that more than 100 people died. In some cases, entire families were lost," he said.

THE ASSOCIATED PRESS

ISRAEL-PALESTINE**Woman stabbed near Jerusalem**

A young Israeli woman was stabbed to death by a Palestinian who was among three assailants to be shot dead following separate attacks Sunday, Israeli security forces said, with the latest flare-up of violence coming ahead of a visit to the region by U.S. Secretary of State John Kerry.

The 21-year-old Israeli woman was seriously wounded when a Palestinian attacked her with a knife in the West Bank Sunday afternoon before being shot and killed by soldiers nearby, the military said.

Dr. Ofer Merin of the Shaare Zedek Medical Center in Jeru-

salem said "the young woman was stabbed numerous times in the head, chest and the area of the heart."

He said despite attempts by medics to save her, she succumbed to her wounds.

The attack occurred at the Gush Etzion junction near Jerusalem, the scene of multiple Palestinian attacks against civilians and security forces over the past two months.

In an earlier attack, the military said a woman pulled out a knife at the entrance to a military base and began approaching civilians.

THE ASSOCIATED PRESS

Tensions rise in Macedonia**BORDER PROTESTS****Some countries say only 'war-zone refugees' will be allowed**

Migrants barred from crossing the Greece-Macedonia border held a fourth day of protests Sunday, as Macedonia's president criticized the European Union over the refugee crisis for a lack of financial support and data sharing.

The influx of migrants into Macedonia has heightened tensions in the country, President Gjorgje Ivanov said.

"The risk of possible conflict between refugees and migrants, the migrants and police and

1,300

The number of migrants bring barred from entering Macedonia Sunday.

army, and between migrants and local people is rated as high," Ivanov told reporters Sunday after meeting with visiting European Council president Donald Tusk in Macedonia's capital, Skopje.

Several European countries, including EU members Slovenia and Croatia and non-members Serbia and Macedonia, have declared they will only allow "war-zone refugees" from Afghanistan, Iraq and Syria to transit through their countries on their way to

central and northern Europe.

This policy has left many others stranded in the Greek border town for four days, demanding to be let in and chanting slogans such as "Freedom!" and "We are not terrorists."

On Sunday, an Iranian man threatened to cut his wrists with a razor if not allowed into Macedonia. Police intervened to disarm him, but, in the scuffle, he cut his face. The number of migrants being barred from entering Macedonia has fallen significantly Sunday, from more than 2,000 to around 1,300 in the early evening.

Many of them took buses and taxis to Athens and Thessaloniki. Greek police believe they may be trying to find other routes, including with the help of smugglers. THE ASSOCIATED PRESS

MALI**Attack delays peace talks**

The assault on a luxury hotel in Mali's capital that killed 19 people was a clear attempt to derail a fragile peace process meant to stabilize the country's volatile north, a representative of northern separatist groups said Sunday.

Halting peace negotiations have been dragging on between the central government and northern separatist groups for more than two years in an effort to end the disputes that turned large sections of the country into a haven for radical Islamic militants.

The talks have shown some promise in recent months.

The Radisson Blu hotel attacked by two gunmen on Friday was preparing to host a meeting on implementing the latest accords.



A police officer stands guard outside the Radisson Blu hotel in Bamako on Nov. 22.

AFP/GETTY IMAGES

+ CANADIANS**Vancouver executives trapped in rooms**

Two Vancouver businessmen hid silently in their rooms for seven hours as gunmen stormed their hotel in Mali, sending text messages describing the sounds of gunfire and grenades to horrified colleagues in Canada.

THE CANADIAN PRESS

known by its French acronym CMA.

The CMA is a coalition of groups seeking autonomy in northern Mali and includes ethnic Arabs and Tuaregs.

THE ASSOCIATED PRESS



Refugees wait to be allowed by the Macedonian police to cross the borderline to Macedonia, near the Greek village of Idomeni, Sunday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS



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Metro MONDAY POLL

A win for Winnipeg?

Visit metronews.ca
every Friday to
have your say.

Humble Winnipeg, a multicultural, complex but undeniably chilly metropolis of 800,000 people, was the only Canadian city chosen by National Geographic this year as one of the best tourist destinations of 2016. We asked our readers what city they would choose if they were giving out the prize and how much of our great country they have explored.

1 Which Canadian city most deserves the honour of "best destination"?

- 21% Halifax
- 16% Vancouver
- 14% Toronto
- 11% Montreal
- 8% Quebec City
- 5% Ottawa
- 4% Victoria
- 4% Winnipeg
- 4% St. John's, Newfoundland
- 3% Calgary
- 3% Niagara Falls, Ontario
- 2% Edmonton
- 1% Charlottetown
- 5% Other

Whitehorse,
Yukon

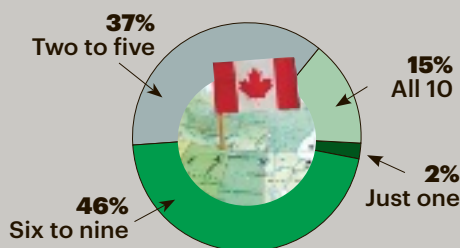
Banff,
Atla.

Longue-
Pointe-de-
Mingan, Que.

Nanaimo,
B.C.

WE ASKED Metro readers

2 How many Canadian provinces have you been to?



3 What's the best thing Canada has to offer tourists?

- 54% Natural wonders
- 15% Arts and culture
- 9% Events and festivals
- 8% Exciting cities
- 4% Skiing and snowboarding
- 4% Cuisine
- 2% Fishing and hunting
- 1% Cruises and tours
- 4% Other

The hospitality
of our people

Our
multicultural
makeup

Hiking!

All of the above.
We have
something
to offer for
everyone.

The debate about Uber needs Ottawans' input

COLLINS' CAPITAL

Steve
Collins



Ottawa's taxi drivers have a right to complain these days: They're squeezed for higher fees for airport pickups and are losing business to gray market upstarts like Uber.

So it wasn't a surprise when my last cabbie started complaining about the aggressive, unregulated and underinsured competition.

The standard rant took a surreal twist, though, when he unpacked his theory that Uber was run by a certain ethnic group for unspoken nefarious purposes.

Silence. He seemed to sense that he'd crossed a line.

"You're not a (member of this ethnic group), are you?"

I tersely replied that I wasn't. I have not generally found engaging in conversa-

tional gambits of this type enlivening, so I didn't.

Undeterred, he followed up with a homophobic slur in reference to a public official, then, after another silence, solicitously inquired to ensure I wasn't one of those, either.

I share this uncomfortable vignette not to suggest that these loopy views are typical in the industry — or even of that guy when he's not working himself up about a clear threat to his livelihood.

But even as the city reviews taxi regulations designed for a bygone age, the temperature of the debate over the future could cool it by a few degrees.

Whether it's a taxi union rep reprimanded for lying under oath last week, campaigns of YouTube-enabled intimidation against suspected Uber drivers, or ugly incidents during demonstrations, some drivers do themselves few favours.

Their grievances are legit-

imate, caught as they are between a regulated and monopolistic business cutting into their incomes with all manner of fees, taxes and costs, and freelance competitors unburdened by these, threatening to snatch what's left.

Uber hasn't always been a model corporate citizen: sometimes dismissive of local government, less than transparent about use of customer data, and allegedly playing dirty with their own competitors.

A report the city commissioned from consultants KPMG released last week happily contributes more light than heat, succinctly surveying the status quo and outlining possible reforms — notably regulating Uber not as a taxi company but, as in many other cities, in its own category of "transport network companies."

The report leaves little mystery as to why Uber found receptive customers here. Ottawa, it notes, offers the

second-most expensive cabs in the country.

And though the city didn't ask the consultants to look at customer service, Uber users seemed more satisfied on this front than taxi riders:

"At the core of the issue is that taxi, or any other vehicle-for-hire service, only exists to meet customer needs. Consumers expect it and will turn to other options if they do not receive an adequate level of customer service."

This is where the debate needs you. The city is accepting public submissions until the end of the month and running online webinars this week. You don't need to be versed in the intricacies of taxi plates to know what services you want. So tell them.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

metroview

Terrorism doesn't just happen to people in "those places"



**Michael
Coren**
For Metro

As I end my three weeks in Europe, I can't help reflecting on one particular issue: the hierarchy of suffering. Not merely because of its moral implications, but also because of what it says and then dictates about Western foreign policy.

While it is irresponsible and indeed cruel to downplay in any way the horrors that occurred in Paris — and I have a personal connection to the tragedy — we need to remember that massacres are hideously common, sometimes a weekly occurrence, in many parts of the world. Just the day before the French monstrosity, almost 50 people were killed in Beirut and four times as many badly wounded. Last month in Baghdad, 24 people were slaughtered and twice as many wounded. And just a few months ago in a university in Kenya, 147 young people were murdered.

In 2014 I wrote a book about terrorism in the developing world, and the scale and the crippling regularity of it all was often beyond comprehension. While it's facile to attribute our double standard to racism, it does expose a collective numbness that we

have developed in the West. If we're honest about it, we simply assume that this is what happens in "those" places but not in Paris, London or, God forbid, Toronto or Montreal.

It's disturbing on many levels, but it's also plain wrong. Cities like Damascus and Beirut used to be safe and secure. I know the region and generally felt safer in Lebanon than much of the United States.

Paris, on the other hand, has witnessed grossly violent revolutions and upheavals for centuries. Religious mass murder in the 16th century, class warfare of incalculable proportions in the 1790s, bloody uprisings in 1830, 1848 and 1870, Nazi occupation in 1940 and colonial wars in the early 1960s.

So when Arabs and Africans offer sympathy for our pain but ask for some reciprocal concern, we should try to appreciate their sensitivities. To put it bluntly, in spite of what we might think, our lives are not more important than theirs.

And this, perhaps, lies at the heart of why we have a problem in the first place. Western foreign policy is of course based on self-interest, and that is entirely understandable, but it leads us to bomb and invade which in turn leads to anarchy and terrorism. I am not trying to justify even a tincture of ISIL's sadism but I do believe that a different approach to "the other" might benefit all of us. To intelligently respond rather than viscerally react is not a sign of weakness, but of strength and wisdom.

**A different
approach to "the
other" might
benefit all of us.**

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Financial planning for coinciding milestones

It is not uncommon for Canadians to find themselves in a financial trifecta — wedding, new home and starting a family — all within a few years. According to a recent TD survey, only four in 10 (39 per cent) of Canadians say they’ve properly budgeted or are properly budgeting for having their first child, while about half say they were or are financially prepared for buying a home (56 per cent) and marriage (51 per cent).

While budgeting and paying for these milestones can seem overwhelming, having a financial plan in place can help manage the financial impact of these significant life moments, whenever they occur.

Lee Bennett, senior vice president, TD Wealth Financial Planning, offers a few key tips on how to plan for life’s big moments and your future:

- **Understand your goals:** Knowing the key goals you want to achieve in life is an important first step and will help you decide the best course of action. Think about what you want to accomplish over the next few years to help determine those goals.
- **Develop a roadmap:** To help ensure you are on the right track to reaching your goals, meet with a financial planner to create a plan that’s unique to your situation. It’s important to review it regularly, as your life changes, to help ensure you’re factoring in new milestones.
- **Start saving early:** No amount is too small to put away – for example, making regular contributions in a TFSA will allow you to use the savings towards a wedding, new home or costs associated with a new baby.

Being financially prepared can allow you to better enjoy each and every moment of life’s milestones — planned or unexpected.

QUESTIONS FOR YOUR FINANCIAL PLANNER

Lee Bennett, senior vice president, TD Wealth Financial Planning, says it’s important to ask yourself some key questions before you meet with a financial planner. Some questions to consider include:

1. How do I handle multiple milestones occurring at the same time?
2. Is it smarter to plan a wedding or buy a home first?
3. What costs should I factor in when contemplating buying a home?
4. How much do I need to save to comfortably enjoy a parental leave?

Savvy Saver Quiz:

Are my finances on track?



Whether you’re a recent graduate, mid-career, or getting ready for retirement, every life stage requires financial planning. Not sure where to start? **Check out TD’s Savvy Saver quiz** to help figure out where you are and where you need to be. Here are a few questions to get you started ...

Expenses & finances

What does your emergency fund look like?

- a. Emergency what?
- b. I’m just getting started but have some money set aside.
- c. In decent shape – I’ve got three months’ salary stashed away.
- d. I’ve got more than enough to pay my bills, save for the future and still manage to have some fun.

Leisure

What does your entertainment spending look like?

- a. I’m living paycheck-to-paycheck because of my entertainment spending.
- b. I sometimes go overboard with my entertainment spending.
- c. A portion of my budget is set aside for fun – dinners out, the occasional movie or show.
- d. I have enough money to do what I want, when I want and my wallet never loses any sleep over it.

Long-term investments

What types of investments do you currently have?

- a. Investments?
- b. I recently opened a Tax-Free Savings Account (TFSA)/ an RSP and I’m thinking about getting other investments, too.
- c. I make regular contributions to my TFSA and RSP and/or hold shares/other investments.
- d. I have a solid, diverse portfolio to which I make healthy contributions every month.

Interested in getting more of a pulse check on your progress? Take the full quiz at metronews.ca/tdsavvysaver.





Get to know this motley crew of Defenders



With the arrival of Marvel's Jessica Jones, the second moody superhero series to premiere on Netflix after Daredevil, Marvel's streaming universe is beginning to take shape. Four standalone superhero series will ultimately converge in The Defenders, a miniseries with Avengers-size ambitions. TORSTAR NEWS SERVICE



Daredevil

Last year, if you knew nothing about Daredevil, you knew it was an unfortunate Bennifer-era Ben Affleck movie. But when the series premiered on Netflix in April, the blind lawyer throwing punches in the street delivered all the gravitas and grit that fans of the comic demanded. "When I go to (comic-book) shows and I talk to my nerd friends, they are all loving it," says Kevin Polidano, a.k.a. comic-restorationist. "A lot of them say that Daredevil is the best comic-book adaptation they've seen yet." Season 2, premiering in 2016, will introduce another grizzled hero, The Punisher.



Luke Cage

There's no cutesy will-they-or-won't-they between Jessica and Luke Cage: they will-and-they-do in the first episode of Jones. Cage was the first African-American to get his own Marvel title in 1972, complete with jive-talkin' dialogue, his signature "Sweet Christmas!" as a curse word. "Luke Cage was a pure 100 per cent blaxploitation character," says Doug Simpson, manager of Toronto's Paradise Comics. "Big yellow puffy shirt, chain belt, afro." Romantic tension between Jessica and Luke ultimately lead to a super-wedding in the comics.



Iron Fist

Like Cage, Iron Fist was a product of the '70s. "(Marvel) wanted someone they could make kung-fu books about because kung-fu movies were popular," says Simpson. Hence the Tibetan monastery-trained martial arts expert with a chi-charged punch. Comic fans have questioned how Marvel and Netflix will balance Fist's mysticism with the realism of their other characters, but Polidano feels it would bring something original to the group. "All teams have their stock characters," he says. "You need your strongman, you need your scientist, you need the person who can fly, and you need the person who can tackle those mystical threats."



The Defenders

Don't expect this Defenders to resemble the Marvel team of Hulk, Sub-Mariner and Doctor Strange that launched in 1971. "They had increasingly more C-list heroes that would join up," says Cliff Caporale, program director at Ottawa Pop Expo, which took place over the weekend at Ottawa's EY Centre. "I don't have a story to tell for Valkyrie, let's say. She exists, let's use her in Defenders, and bring in these characters that don't necessarily belong together." Opposed to the government-sanctioned Avengers, Simpson calls the Defenders a "group of mismatched heroes who are dealing with crime at street level."



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MEDICAL ADVANCES

Blood test for the faint-hearted



Matt Kieltyka
Metro | Vancouver

The fear and light-headedness associated with blood testing may one day become a thing of the past.

Researchers at the University of Victoria have developed a method that can test for and measure 25 proteins found in the blood that are linked to certain cancers, cardiovascular issues and diabetes.

And all it takes is a pinprick on the finger and a single drop of blood dried on filter paper.

"We can do up to 25 different tests on the same drop of blood," said UVic biochemist Terry Pearson, who developed the technology with UVic adjunct professor and lifelong friend Leigh Anderson. "It's very difficult to do that with current (blood) tests, which are a bit awkward and has that fear factor associated with it."

Pearson and Anderson, who is based in Washington, D.C., have been developing the technology for 13 years and have launched a startup called SISCAPA Assay Technologies Inc. to bring it to life.

The technique is already be-



New test eliminates need to withdraw large samples. ISTOCK

ing used by the Mayo Clinic and ARUP Labs in the U.S. to test for a protein associated with thyroid cancer.

The pair won the Human Proteome Organization's science and technology award and have also used the test to monitor biomarkers in athletes during the 2015 Pan Am Games and will do so again at the Olympics.

Pearson expects Canadian clinics may begin adopting the test for specific uses within the next two years.

Widespread use could follow.

Pearson said the test has many advantages over traditional blood tests that require samples to be drawn from patient's veins.

One of those advantages is more personalized care.

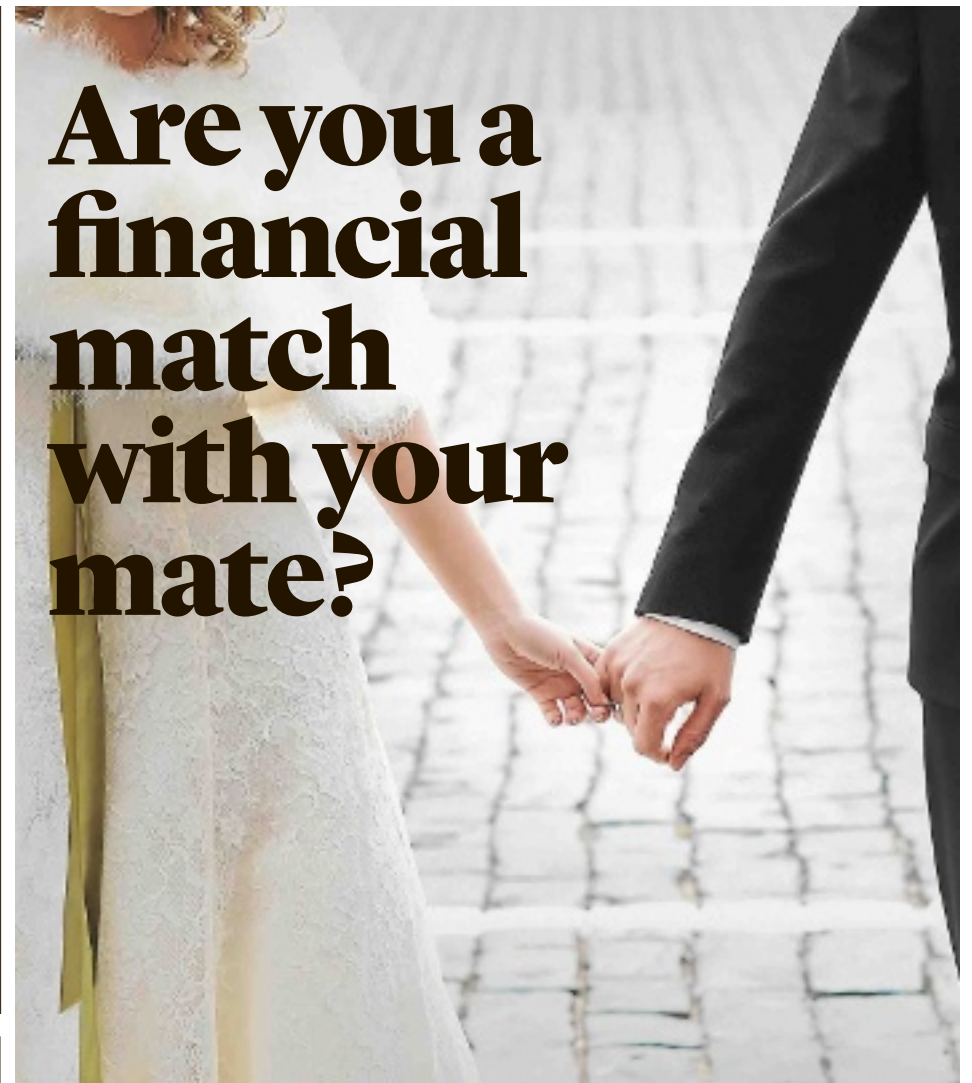
"You can do it at home and just put it in the mail. You can (test) daily, weekly, monthly, so it allows you to collect longitudinal samples over a period of time," he explained. "It establishes your baseline for a single protein, so if there's a change it sends up a flag."

Current blood samples are measured against the average of a patient's age group so results are not as specific.

"Having a personal baseline is much more advantageous," Pearson said.

The technology was developed with support from the Canary Foundation, National Cancer Institute, Sciences and Engineering Research Council and the Canadian Institutes of Health Research.

Are you a financial match with your mate?



Talk about financial challenges and aspirations before walking down the aisle. ISTOCK

COMPROMISE

Compatibility counts: You must agree on money goals

Gail Vaz-Oxlade
For Metro Canada



Opposites attract. Birds of a feather flock together. Are you and your mate like two peas in a pod or as different as chalk and cheese?

We can love a body without ever understanding what makes that body tick. Even couples that have been together for eons sometimes scratch their heads at some of the things their mates do. That's because we are evolving creatures constantly responding to the stimuli around us, constantly growing, constantly changing.

Since you're getting married — planning to spend a long, long, LONG time together — it's important that you both understand how you think and feel about money. It's just as important that you figure out if you're a money match or a money mismatch.

Not feeling the same about money doesn't mean an automatic no-go. People who are

less compatible do face more challenges. But those who subvert their own money personality to match their mate's are just asking for trouble. It can't last. And when your mate finds out you've been pretending, it's going to be a tough pill to swallow.

Coming up with a plan for how you'll manage your money means negotiating a common ground. Start by being upfront about who you are, how you feel about money, what's important to you and what isn't. Listen and accept the other person's open and frank discussions about what makes him or her tick.

Once you've got it all on the table, focus on working together to come up with a plan that keeps you both happy.

Money means different things to different people. When two people bring emotional baggage to a relationship — particularly the emotional baggage that surrounds money and that they NEVER talk about — the relationship can turn into a power struggle and life can feel more like strife.

One of the easiest ways to start the conversation about money is by talking about what you're most comfortable with and what you feel is most risky. Since many money issues have a comfort/risk component, it's easy to move from a general

discussion to a more specific money talk.

- How much money do you have to have in the bank to feel safe?
- Do you each know what your money set-points are?
- What kinds of investments do you feel are safe (for you) or risky?
- How much debt is too much debt?
- What kind of debt are you willing to take on?
- How much insurance is enough?
- If you have children, how will you keep those children safe financially?

As you get to know each other, you should be working to clarify each other's goals. If it's airy-fairy (I'd like to own a house), nail it down (what kind of house, where, when, how much house?).

You also need to talk about your different approaches to planning. For while one of you may be all spontaneity and impulse, the other may be a structure freak. Figure out what's important to you both so you can draw on each other's strengths to create a solid money match.

For more money advice, visit Gail's website at gailvazoxlade.com



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JOHANNA SCHNELLER WHAT I'M WATCHING

The evil of banality is addictive TV

VANDERPUMP RULES, SEASON 2, EPISODE 5 (SLICE)

In this reality show about glossy people who work at the L.A. restaurant Sur, waitresses Stassi and Kristen are choosing an outfit for Kristen's passport photo. Kristen's grooming is — well, picture makeup that would look overdone at the Oscars, and then double it.

"I'm 30 years old and I've never had a passport," Kristen uptalks. "It's crucial that this is the best photo ever taken."

Stassi's phone rings. It's Jax, their bartender colleague.

He's in the hospital; he found a lump in his immaculately muscled chest.

"You're there alone? That is so sad," Stassi says.

She hangs up. She and Kristen stare at one another. Then they return to choosing clothes.

This series is nothing but such moments, a shiny showcase for the evil of banality.

Sur isn't merely a restaurant owned by the frozen-faced Lisa Vanderpump, a Real Housewife of Los Angeles.

It's the portal to Hell, and its employees have crawled up to embody the deadly sins



The women of Vanderpump Rules are all slight variations on Bad Barbie. HANDOUT

Vanity and Stupidity.

Their commitment to hideous behavior is addictively fascinating.

The men are forever stripping off their shirts for the handlebar cams mounted on

their bicycles; when they're not shit-disturbing, they're inventing shit to disturb.

The women — all (slight) variations on Bad Barbie — are worse; in episode 209, two of them bray, "No, you shut the

f— up" at one another for several minutes.

This is what it looks like when everyone gets to be famous for 15 minutes, and it isn't pretty.

Even with all that grooming.

OLD FLAMES

Bieber serenades Gomez with My Girl

Just when she thought she was out, he pulls her back in. Justin Bieber was spotted out at the bar at the Montage Hotel in Beverly Hills this weekend with none other than ex-girlfriend Selena Gomez — who just wrapped up an extended press tour filled with interviews about how she's finally moving on from their tumultuous relationship.

But perhaps talking about it so much got her back into the idea.

Or maybe it's Bieber's seduction techniques: An eyewitness spotted Bieber serenading Gomez with My Girl at their table — and shared video on Instagram.

Ew, gross.

Also, why was there a piano player and a mic at the ready for his impromptu performance?

And another also: Great. Now Bieber has ruined My Girl for me — both the song and the Anna Chlumsky movie. Sheesh.

NED EHRBAR/METRO HOLLYWOOD



GETTY IMAGES

GOFUNDME

Amen! Sampling justice dealt

Alan Cross
For Metro Canada



In 1969, a DC soul outfit called The Winstons released a single called Color Him Father, which reached No. 2 on the Billboard Hot 100 and won a Grammy for Best R&B Song the following year.

The B-side of that single received almost zero attention. Ten years later, though, that forgotten song dramatically changed the course of music.

Amen, Brother was an instrumental that riffed on a piece entitled Amen, written for a 1963 film entitled Lilies of the Field and then covered by The Impressions in 1964.

Once The Winstons recorded it, they immediately forgot about it — until they started hearing it again and again.

Starting in about 1980, a six-second snippet of the song — a drum break played by GC Coleman — began turning up in rap recordings.

As the decade progressed, these four bars were surgically excised from Amen, Brother and implanted into dozens, then hundreds and then thousands of new songs.

The Amen Break, as it be-

came known, crept into hip hop, breakbeat, jungle, electronica, drums and bass, techno, industrial music, pop and rock as an often greatly manipulated loop of beats.



A snippet from the song Amen, Brother has been widely used, but until recently, its creators didn't receive any financial compensation. HANDOUT

Coleman's beat was fed into digital recording software and sped up, slowed down, stretched, distorted and otherwise manipulated.

Checking the WhoSampled database, the Amen Break has been used in no fewer than 1,871 songs, ranging from NWA

and The Prodigy to Slipknot and Janet Jackson. You have most definitely heard it.

And how much were The Winstons compensated for having a piece of their song used as the basis for so many others?

What did they earn for helping to change the face of music? Zero. Nothing.

The Winstons' Richard Spencer — the holder of the copyright — could only shrug in dismay at this plagiarism.

It was flattering that so many people found these six seconds to be so useful, but shouldn't a little cash have come back to him?

Meanwhile, GC Coleman, the man who actually played those beats, died homeless in Atlanta in the fall of 2006.

A couple of British DJs, Martyn Webster and Steve Theobald, understood the injustice of the situation so they set up a GoFundMe campaign to raise some cash as compensation. People responded graciously.

Earlier this month, Richard Spencer was presented a check for £24,000 (about \$50,000 CAD). Hey, it's only a fraction of what's owed, but at least it's something, right?

For more, go to AJournalOfMusicalThings.com or follow me on Twitter @alancross.

GOSSIP DYNAMIC DUOS AND POSSIBLE SPLITS

JLaw and Adele hanging out again

Adele was spotted getting some quality hang-out time in with Jennifer Lawrence and her Hunger Games guys Liam Hemsworth and Josh Hutcherson this weekend at New York's Waverly Inn — which is still, apparently, a thing. This team-up is not unprecedented. Perhaps you don't remember back in January when the two ladies made a drunken scene throwing olives at people at a restaurant in L.A.?

NED EHRBAR/METRO HOLLYWOOD

Kylie Jenner maybe dumped Tyga

The big talk around the Kardashians junior varsity locker room this weekend was that Kylie Jenner had abruptly dumped Tyga — and on his 26th birthday, no less. It all apparently went down after "something Tyga did" caused Jenner to ditch him upon her return from Australia last week. "They are on a break," a source tells

E! News. "They were just a week or so ago talking about 'ever after' and things got messy this past week. Kylie wants time to just be herself and do her." But! Maybe not so fast, as later Jenner

posted a Snapchat of the two lying together — or their legs, at least — with the caption, "Everyone needs to chill."

NED EHRBAR/METRO HOLLYWOOD



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Would you pay extra for Prime seats?

TRENDS

Cineplex's seat reservations latest in luxe offerings

Peter Howell
Torstar News Service

My favourite seat in a movie theatre is in the very back row, the area the Vaudevillians called the "peanut gallery." I can see the entire screen from up there and also stretch my long legs down the stairs.

I avoid the front row, as do most moviegoers, because I dislike the feeling of being jammed up against the screen, craning my neck and wobbling my head back and forth to see the action. It's my seating of last resort.

If I had my druthers, I'd rip out the first three rows of every theatre, so that you'd never wind up having to sit so close. This would free up space for people to move around, reducing the jams that occur at the end of screenings.

This would evidently not please a small but passionate group of people who prefer the front row, most of them much younger than my 59 years.

"You can tell the age of a theatregoer by where they sit in the auditorium," says Pat Marshall, vice-president of communications for Cineplex Entertainment, Canada's largest movie theatre chain.

"The younger they are, the closer they go to the screen. The older they get, the farther back they go. People truly have a different perspective. Some like centre-centre. Other people like to be on the aisle. Other people like to be up



For those who don't want to sit in shabby seats anymore, Cineplex is offering moviegoers at select theatres the opportunity to reserve their seats in advance for a \$2 fee. ISTOCK

front, and other people way at the back. So it is very subjective."

There are also practical reasons why some moviegoers might prefer the front row.

Say you're nearsighted and forgot your glasses at home. Or it's a premiere screening and you're hoping to be close to any talent who might show up.

But some people really do just like the view better from down there. Front-row filmgoers have a champion in David Bordwell, the esteemed film scholar and professor at the University of Wisconsin-Madison. He's 68, a notable exception to Marshall's maxim about youthful inhabitants of the row Bordwell calls the "raccoon lodge."

He extolled the front of the house in a 2011 online essay "Down in front! Notes from

the Raccoon Lodge" that introduced a term to my movie lexicon: "saccadic sweeps."

That's what your head does as it scans from side to side to take in all the action. The wider the screen, the more Bordwell likes it: "CinemaScope and Cinerama give your eyeballs a real workout."

I'll skip the saccadic sweeps, thanks, and also the eye and neck strain that follows every occasion when I'm forced to sit in the front row, as I did for an IMAX showing of *The Dark Knight Rises* a few years back.

But I have to admit, from my lofty perch in the peanut gallery, that lately I have been casting covetous glances at the middle of the theatre.

A new and more plush seat is being tested at theatres across Canada.

They're in the two middle

rows in select auditoriums where patrons can reserve online to guarantee a seat, for a \$2-per-ticket surcharge. It's similar to paying for extra legroom on an aircraft.

It's called Cineplex Prime, the new name for an arrangement that used to be called Cineplex Select, when the seating experiment began last year.

The name was recently changed because "we discovered it was confusing to people to read 'select your Select seat' on our website," Marshall says.

I expect it would also be confusing, not to mention frustrating, to encounter reserved seats in the middle of a movie theatre, a place thought of as an egalitarian preserve.

Marshall reminds me that Cineplex has long offered reserved or assigned seating in

its VIP, IMAX and UltraAVX theatres. It also has four primary seat styles: traditional, VIP, UltraAVX and Prime, offering variations on space, comfort and swiveling, plus premium D-Box seats that move in time to the action.

The Prime seating concept, which is still considered very much an experiment, "is a result of the tremendously positive feedback we received from other concepts where we offer reserved seating," she says.

But people are still getting used to Prime seats, which tend to blend in with the non-reserved ones.

People without Prime tickets sometimes have to be asked to move, Marshall says, but in our very Canadian way, there have been no reports of any serious confrontations.

She adds that those who

SEATS, RECEIPTS

A guide to seating tiers at Cineplex's Toronto test markets

Traditional

- The standard plush seat, with no extras.
- Adult ticket: \$12.99

Prime

- A step up in luxury, in a prime location, with reserved seating. Now being tested at the Varsity Cinemas.
- Adult ticket: \$14.99

UltraAVX

- Roomy, reclining seats, combined with superior sound and a bigger screen.
- Adult ticket: \$15.99

VIP

- The most luxurious seating option, with leaning leather loungers equipped with mini-tables for the in-seat dining service.
- Adult ticket: \$19.99

PETER HOWELL/TORSTAR NEWS SERVICE

have tried Prime seem pleased with the comfort and also the convenience of a guaranteed centre seat for popular films like *Spectre* and *The Martian*.

If the experiment works, it may expand to more theatres amongst Cineplex's 162 locations across Canada.

The per-theatre Prime allotment will remain a fraction of the available seats, however, so moviegoers with general admission tickets will still have lots of spots to choose from.

"We have different seats because we're trying different things," Marshall says.

"We're always looking to provide the best experience possible."

FILM

Doc shows Haida building better future

You'd think it would be hard to find similarities between Haida Gwaii and New York City, the former a remote archipelago with 5,000 residents on British Columbia's North Coast, the latter being, well, New York City.

Each wild, in very different ways. But to Charles Wilkinson, who recently spent time in both, filming and subsequently screening his documentary *Haida Gwaii: On the Edge of the World*, the two locales share a common zeal.

"In both places, people feel it's a privilege to live there, and they

love where they live," he says.

"New Yorkers, largely, are passionate about their city and Haida Gwaiians are just flat-out passionate about their archipelago. And it's really cool to be in a place that people care about, as opposed to a place where people are just living because they can get a good job there."

Haida Gwaii is one of the few places in North America where natives outnumber (and out-vote) non-natives. The film profiles a unique, inspired community that's striving to undo damage done by a century of relentless re-

source extraction. "They've taken such intelligent steps, working together, to create a sense of community there that does look forward, and it looks forward with hope and anticipation rather than the terrified negativity that so many other communities feel," Wilkinson says.

After coming off two environmentally themed projects (*Peace Out*, *Oil Sands Karaoke*) that skewed towards pessimism, such contagious optimism was what drew Wilkinson and his partner (in life and "crime") Tina Schliessler to the islands.

"I see the three films as being all part of the same conversation," he says.

"(But) the first two films of the series ended up being kind of depressing. So we were looking for something with hope on the horizon.... I think we need some sense that we do have the power to change things."

"That's what we really wanted to do — provide some kind of roadmap for how one group of people have managed to seize some kind of control over their own destiny."

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The 34-year drought is over

CFL PLAYOFFS

Burris extends year by guiding Redblacks to Grey Cup final

A lot of things have happened since the last time a team from Ottawa made an appearance in the Grey Cup including the birth of every player on the Redblacks, save one.

"I bet I know who that is," said Redblacks receiver Brad Sinopoli, who played quarterback for the University of Ottawa Gee-Gees, playing on the same field the Redblacks beat the Hamilton Tiger-Cats 35-28 Sunday to earn a trip to Winnipeg and the 103rd Grey Cup.

Henry Burris, who was six years old when the Ottawa Rough Riders fell 26-23 to the Edmonton Eskimos in the 1981 Grey Cup, had a career year for the Redblacks setting multiple personal and league records at the age of 40.

"It's an honour for us to be able to deliver this and to see the excitement from the fans," said Burris. "To see the support we've been getting all year long, we have the best fan support in the league. Even last year when we had our struggles



We're building something here and it's been unreal.

Greg Ellingson

EAST DIVISION FINAL



the stands were always sold out. Today was extra special.'

Burris connected with Greg Ellingson for a 93-yard catch and run touchdown to give the Redblacks a 35-28 lead with under two minutes to go.

Ellingson was born seven years after the Ottawa Rough Riders' last Grey Cup appearance. On Sunday he had five catches for 187 yards and the biggest touchdown of his career.

"It's been a career year for him. He's 40 years old and it's one of the best seasons he's ever had," said Ellingson of Burris. "To have a quarterback producing like that and putting the ball where it needs to go is going to help you win games."

"It's unreal. It's been over 30 years (since a Grey Cup berth) and to win in the fashion we did is a testament to this team. It's special. We're building something here and it's been unreal."

It's been 34 years since that Grey Cup appearance. Redblacks coach Rick Campbell watched that game on television from his home in Edmonton as his father, Hugh



Henry Burris celebrates his team's win in the eastern final Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Campbell, coached the Eskimos to the win despite trailing 20-1 at the half.

His allegiance will be a little different this time.

"I was only 10 and I'll be rooting for the Ottawa team this time. I wasn't last time but I will be this time," Campbell said.

"I'm proud of the players and the fans and the city and it's a pretty cool deal when you think about it. I know it's a big deal, but there is one more game."

There is one more game, and no matter what happens, the fact remains the Redblacks were 2-16 in their first sea-

son one year ago. They went 12-6 during the 2015 regular season and are now off to the Grey Cup.

"The Calvillos and the Alens and the Ricky Rays, one thing they can't say is the fact that they've been able to turn an organization around from scratch. It's been an honour

for me to play against those guys, but to be able to turn an expansion franchise around in two years and make a Grey Cup is unheard of," Burris said.

"The city has waited so long for this type of success and to be part of the group that's delivering it is a dream come true." THE CANADIAN PRESS



Calgary's Brandon McDonald chases Edmonton's Derel Walker during a catch-and-run TD. THE CANADIAN PRESS/JASON FRANSON

Esks give Stamps a good licking in west

WEST DIVISION FINAL



Quarterback Mike Reilly scored two touchdowns and passed for three more as the Edmonton Eskimos punched their ticket through to next Sunday's 103rd Grey Cup in Winnipeg against the Ottawa Redblacks with a 45-31 victory over the Calgary Stampeders in the West Division final on Sunday.

Edmonton's special teams unit came up big early as Ryan King recovered a punt fumble by Calgary's Skye Dawson on his own 23-yard line. That quickly led to a one-yard touchdown plunge by Reilly, followed by a two-point convert pass to Derel Walker.

Calgary responded with a pair of Rene Paredes field goals to close to 8-6 at the end of the opening quarter.

The field goal parade continued for much of the second

quarter with Edmonton's Sean Whyte kicking two and Parades responding in kind before the Eskimos broke the pattern with a 15-yard TD pass from Reilly to Adarius Bowman with 20 seconds left in the half to head into the dressing room up 20-12.

Edmonton extended its lead three minutes into the third frame as Reilly hit Kenny Stafford for a couple long passes, the second a 38-yard TD strike.

The teams traded field goals once again to make it 31-15 Edmonton at the end of the third, despite a couple of lengthy breaks that determined a pair of potential Eskimos defensive

touchdowns wouldn't stand.

Edmonton added to its lead to start the fourth as Walker reeled in a 57-yard TD pass.

Dexter McCoil picked off Stamps QB Bo Levi Mitchell on the next series, eventually setting up an eight-yard QB keeper by Reilly.

The Stamps kept their cool and came right back with a 66-yard TD pass from Mitchell to Eric Rogers and then another 16-yard major on a pass to Joe West, both of which were capped off by two-point converts to make the final minutes much more tense.

THE CANADIAN PRESS

Newton catches fire with 5 TDs

NFL

Panthers put claws to 'Skins, push perfect record to 10-0

Cam Newton has never liked being referred to as a running quarterback.

"I have labelled myself as a pocket passer with the ability to run," Newton said.

Newton proved again he can beat teams with his arm, throwing a career-high five touchdown passes on Sunday and the Carolina Panthers improved to 10-0 with a dominating 44-16 win over the Washington Redskins.

Newton completed 21 of 34 passes for 246 yards and threw TD passes to five different receivers as Carolina stretched its regular-season win streak to 14 games, including eight straight at home.

The Panthers opened a four-game lead in the NFC South over Atlanta and became the 16th team in the Super Bowl era to start 10-0.

Of the previous 15, all made the playoffs and nine have advanced to the Super Bowl, with six winning it all.

All of that matters little to tight end Greg Olsen.

"They don't give out trophies

SUNDAY In Charlotte

44 **16**
PANTHERS REDSKINS

for the regular season," Olsen said.

Carolina's defence was dominant.

They forced five turnovers leading to 27 points, had five sacks of Kirk Cousins and established a franchise record by holding the Redskins to 14 yards rushing on 12 carries.

“

They have great players and a great scheme ... you see the fruit of that in how they've played this season.

Redskins QB Kirk Cousins on the Panthers

"Between the fumbles and the picks, we had a couple short fields," Olsen said. "You've got to take advantage of them. We didn't sit on them. I know we scored a lot of touchdowns, and that's obviously what you're looking for."

Newton became the first Carolina quarterback in franchise history to throw four TD passes in the first half as the Panthers jumped out to a 31-14 lead.

Jonathan Stewart ran for 102 yards on 21 carries and caught a 12-yard touchdown pass. Olsen, Mike Tolbert, Ted Ginn Jr. and Devin Funchess also caught TD passes.

"He has a good command of what we're doing out there," Panthers coach Ron Rivera said of Newton, who has 20 TD passes this season — four shy of his career high with six games left to play.

Andre Roberts had a 99-yard kickoff return for a touchdown for the Redskins (4-6), who've lost nine straight on the road.

Cousins finished 22 of 30 for 207 yards with one touchdown and one interception. He also fumbled twice on sacks. Running back Alfred Morris left the game early in the first quarter with a rib injury and did not return.

With a game on Thursday at Dallas, Rivera removed most of his starters early in the fourth quarter with his team up 44-14.

Washington's loss comes one week after a 47-14 win over the New Orleans Saints.

"Last week, we felt pretty good — top of the mountain," Redskins coach Jay Gruden said. "It's a humbling game."

THE ASSOCIATED PRESS



Each of Cam Newton's touchdown passes on Sunday were thrown to different receivers.

GRANT HALVERSON/GETTY IMAGES

AROUND THE LEAGUE

Romo's return spurs Cowboys comeback win

Tony Romo pulled off his latest comeback victory, returning from a collarbone injury Sunday to throw for two scores, and the Dallas Cowboys won for the first time since he was hurt in Week 2, beating the Miami Dolphins 24-14. The Cowboys (3-7) had lost seven straight games.

Broncos' Osweiler doesn't disappoint in his first start

Filling in for the injured Peyton Manning, Brock Osweiler made his first career start a triumphant one.

Osweiler threw for two touchdowns, and the Denver Broncos stopped Jeremy Langford on a 2-point conversion run in the final minute to beat the Chicago Bears 17-15.



Tony Romo
GETTY IMAGES

NBA

Raps crush Clips to close out road trip

DeMar DeRozan had 21 points, DeMarre Carroll scored each of his 21 points in the first half, and the Toronto Raptors held Blake Griffin and Chris Paul scoreless through the first 20-plus minutes of a 91-80 victory over the Los Angeles Clippers on Sunday.

The Raptors (9-6), who closed out a 2-3 road trip, shot just 37 per cent from the field, but they out-rebounded the Clippers 46-42 and forced 19 turnovers. THE ASSOCIATED PRESS



The Clippers' Paul Pierce attacks the basket against the Raptors DeMarre Carroll.

THE ASSOCIATED PRESS



GOLF IN BRIEF

Year-end LPGA event crowns three champions

Cristie Kerr won the tournament. Lydia Ko won \$1 million and became the player of the year. Inbee Park won the scoring title and is going to the LPGA's Hall of Fame.

With a 17-under 271, Kerr won the CME Group Tour Championship on Sunday, while Ko tied for seventh — good enough to win the "Race to CME Globe" bonus for the second straight year. Park finished the tourney in sixth. THE ASSOCIATED PRESS

McIlroy finds redemption on European Tour

Rory McIlroy survived a late scare and finished his frustrating season on a high, winning both the DP World Tour Championship and the Race to Dubai crown on Sunday.

McIlroy got the better of overnight leader Andy Sullivan over the back nine to clinch the European Tour's season-ending tournament.

McIlroy shot 6-under 66 to finish with a 21-under 267, one stroke ahead of Sullivan (68). THE ASSOCIATED PRESS

TENNIS

Djokovic finishes season in style

Novak Djokovic won his fourth straight title at the season-ending ATP finals by beating six-time champion Roger Federer 6-3, 6-4 Sunday.

Djokovic, the top-ranked Serb who won three Grand Slam titles this year and reached the final in the other, capped the best season of his career with another superb display, including winning 16 of the 19 points on his second serve and saving both break points he faced.

Federer beat Djokovic on

“

Obviously it's been a very long season, but the best of my life.

Novak Djokovic

Tuesday in the group stage, but made 31 unforced errors, including 15 from his usually reliable forehand, on Sunday.

THE ASSOCIATED PRESS

RECIPE Sweet Potato and Kale Hash with Fried Eggs



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh For Metro Canada

Why not eat a fried egg for dinner? Especially when it's sitting pretty on top of this super food hash. Because, you know, #PutAnEggOnIt

Ready in Prep time: 40 minutes Serves 4

- Ingredients
- 3 cups sweet potato dice
 - 1/4 cup maple syrup
 - 1 Tbsp minced fresh rosemary
 - Salt and pepper
 - 3 Tbsps butter, plus extra for eggs
 - 1 shallot, diced
 - 2 sprigs thyme
 - 1 cup frozen chopped kale
 - 4 eggs

Directions

1. Bring a large pot of water to a boil. Blanche sweet potato cubes for 2 minutes. Then drain and rinse under cold water. Drain well. Place

the potatoes in a medium bowl and add maple syrup, rosemary and salt and pepper. Toss. Refrigerate for about 15 minutes.

2. Heat a large frying pan over medium heat and add butter and shallots. Just as the shallots soften, add sweet potato and any liquid that's collected at the bottom of the bowl as well as the sprigs of thyme. Sauté over medium-high heat for 15 to 20 minutes, stirring occasionally. Sweet potatoes should be a crisp, toasty brown. Add kale to the pan and gently mix it into the potatoes. Cook for about 3 to 5 minutes.

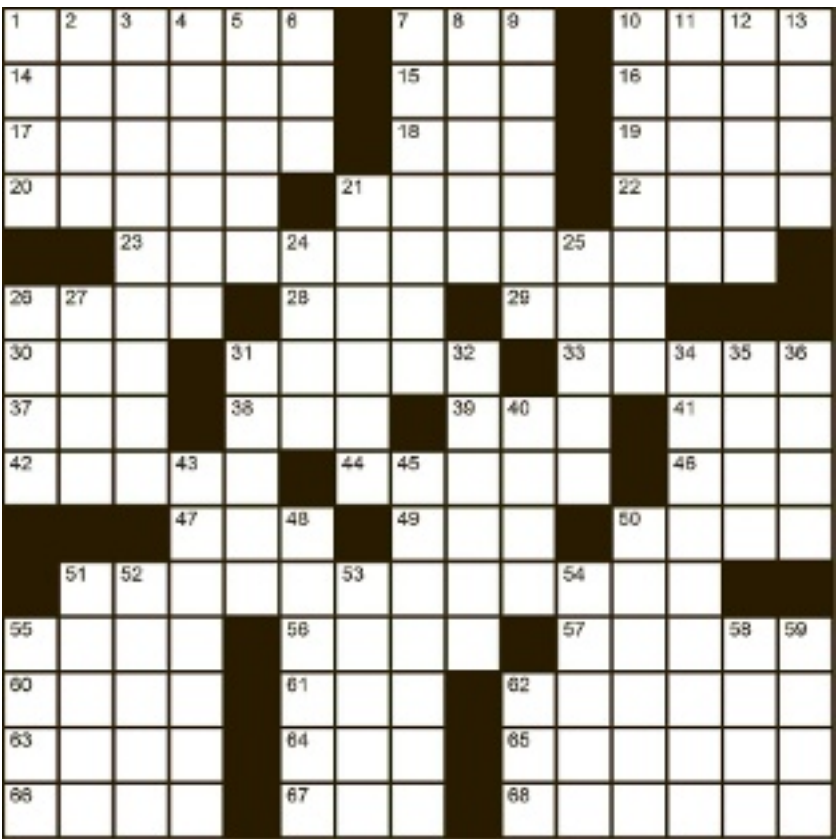
3. Meanwhile, heat another large frying pan over medium heat. Melt a pat of butter and then slowly crack all four eggs into it. Just let the eggs sit. Allow the eggs to cook until the whites are set and the edges start to curl up. If the whites in the middle of the eggs are not set, cover the pan for 2 minutes. Serve a hearty scoop of hash with a fried egg on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

- ACROSS
1. "Convoy": 1976 hit for C.W. _
7. Looked-at comp. part
10. Illegally aid
14. "Lawrence of _" (1962)
15. Prospect-or's find
16. Fun set
17. Tears For Fears singer Mr. Orzabal
18. Point
19. Bouncy-less
20. Astronomer's realm
21. _ butter (Beauty cream stuff)
22. Cycled
23. Canadian channel BNN = _ _ Network
26. Amateurs one day
28. _ es Salaam, Tanzania
29. Little bit
30. Traveller's time delay
31. Buenos _ (Capital of Argentina)
33. Madonna hit
37. Prefix meaning 'Egg'
38. Internet chuckle
39. Hot drink in a Montreal restaurant
41. Bitty badges
42. _ of cake (Easy)
44. _-paced (Slow)
46. Half of Dave Grohl's band
47. 'Outer'-meaning prefix
49. _ painting
50. RR depots



51. Highly decorated Canadian fighter pilot of Word War II who died mysteriously in a plane crash at age 26 in 1948: 2 wds.
55. Collector's suffix
56. Labels
57. Jack _ , Kiefer Sutherland's "24" role

60. _ Flon, Mani-toba
61. Lettered sun ray
62. Have ambitions
63. Bruce Springsteen's " _ _ Fire"
64. Arrange
65. Show the client the way to the conference room: 2 wds.
66. Ms. Daly

67. Mr. Asner's
68. Aim
- DOWN
1. Red Planet
2. Farm yield
3. _ Peaks Resort (Skiing destination about an hour from Ottawa)
4. Calculating

- machine
5. What an actor memorizes
6. Chap
7. "How do ya like that?": 2 wds.
8. Boo-hoo-hoos
9. Meal
10. Fettuccine _ (Rich pasta dish)
11. Under

12. "Blimey!"
13. Books bag
21. Fido's fear-some frowns
24. Prefix to 'syncrasy' (Mannerism)
25. Variety of orange
26. Sound in the Alka-Seltzer song
27. Sitarist Mr. Shankar
31. Canadian singer/actress Ms. Johnson
32. House level separators
34. It gives suggestions for Christmas shopping: 2 wds.
35. Japanese cuisine noodle
36. Those, in Spanish
40. Parliament _
43. French painter of The Card Players, Paul _ (b.1839 - d.1906)
45. Fillings in Snickers chocolate bars
48. Between 90 and 180 degrees, as per angles
50. Get short with: 2 wds.
51. Mild, as weather
52. Actress, Gabrielle _
53. Having a roof overhang
54. Henrik _ (A Doll's House playwright)
55. " _ _ ain't broke..."
58. Dublin's poetic land
59. Broadway musical
62. Ms. Landry

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep your opinions to yourself over the next few days. If you say the wrong thing you could make an enemy. Don't make things unnecessarily difficult for yourself.

Taurus April 21 - May 21
Be careful who you rely on because there is a lot at stake. If a partner or co-worker makes a mistake don't let employers or other important people put the blame on you.

Gemini May 22 - June 21
This is generally a positive time for you but you still need to be cautious. Be especially wary of people who flatter because they are obviously looking to help themselves in some way — at your expense, of course.

Cancer June 22 - July 23
Try to be more serious about what you own and what you earn, but not so serious that you forget about everything else. Dollars and cents are important, but only as a means to an end, not as an end in itself.

Leo July 24 - Aug. 23
Why are people so demanding? Why do they expect so much? Maybe because of your high standards they think you can do anything. Or maybe they can get away with making outrageous demands. Don't let them.

Virgo Aug. 24 - Sept. 23
If you start something new today it is unlikely to work out well, so put it off and focus on making the best of what you are already working on.

Libra Sept. 24 - Oct. 23
If the atmosphere in a relationship has been heavy you have the chance to improve things today. No matter what they have said or done put that behind you and focus on the simple things that make your bond work.

Scorpio Oct. 24 - Nov. 22
Speak up now or forever hold your peace. If you have something to say — or complain about — you must get it off of your chest immediately. Later in the week no one will listen.

Sagittarius Nov. 23 - Dec. 21
You won't make an anxiety-ridden situation better by worrying. Identify exactly what the problem is, then come up with a plan to take care of it. It's not as bad as you fear.

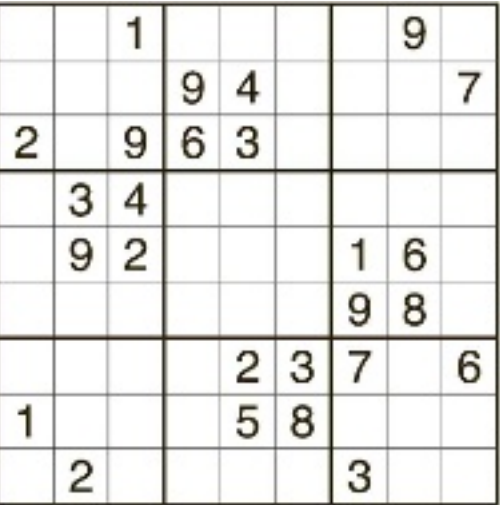
Capricorn Dec. 22 - Jan. 20
Put memories and regrets behind you and make the best of what you have got. You're a Capricorn, you're supposed to be courageous and confident.

Aquarius Jan. 21 - Feb. 19
What happens today will remind you that material matters are of secondary importance. What gives life its value is how you relate to other people. Try to see the best in everyone.

Pisces Feb. 20 - March 20
Don't take on any new commitments today. The Sun's move into the career area of your chart means you won't lack for opportunities but you need to be patient.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Receive \$500 towards the purchase or lease of a new 2015 Ford Fusion, Mustang (excluding 50th Anniversary Edition), Taurus, Flex, Explorer, Expedition, Transit Connect, E-Series Cutaway, Transit Van/Wagon, Transit Cutaway/Chassis Cab, F-150 Regular Cab, F-150 SuperCrew, or \$750 towards the purchase or lease of a new 2015 Ford Escape, F-150 SuperCab, F-250 to F-550 (all F-150 Raptor models excluded) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. **Until November 30, 2015, receive 0% APR purchase financing on new 2015: Edge, and 2016: Escape models for up to 48 months, or 2015: Focus BEV, C-MAX, Taurus, Flex, F-150 (excluding Regular Cab XL 4x2 Value Leader), and 2016: F-250, F-350 to F-450 (excluding Chassis Cabs) models for up to 72 months, or 2015: Fusion models for up to 64 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: \$25,000 purchase financed at 0% APR for 48/60/72/84 months, monthly payment is \$520.84/ \$416.67/ \$347.22/ \$297.62, cost of borrowing is \$0 or APR of 0% and total to be repaid is \$25,000. 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